



MENTAL HEALTH BOOK REFERENCES

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GOOD BOOKS ABOUT ANXIETY

- Antony, M. M., Craske, M. G., & Barlow, D. H. (1995). Mastery of your specific phobia. San Antonio, TX: The Psychological Corporation.
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- Dutro, J. (1991). Night light: A story for children afraid of the dark. New York, NY: Magination Press.
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GOOD BOOKS ABOUT BIPOLAR DISORDER

- Burns, D. D. (1999). Feeling Good: The new mood therapy.
- Copeland, M. E. (1994). Living without Depression and Manic-Depression: A workbook for maintaining mood stability.
- Fawcett, J., Golden, B. & Rosenfeld, N. (2000). New hope for people with Bipolar Disorder.
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- Wilens, T.E. (1998). Straight talk about psychiatric medications for kids. New York: Guilford.
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GOOD BOOKS ABOUT DEPRESSION

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- Dowling, C. (1993). You mean I don't have to feel this way?
- Dubuque, S. E. (1996). A parent's survival guide to childhood Depression. King of Prussia, PA: The Center for Applied Psychology, Inc.
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GOOD BOOKS ABOUT OBSESSIVE-COMPULSIVE DISORDER (OCD)

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GOOD BOOKS ABOUT OPPOSITIONAL AND DEFIANT PROBLEMS

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- Forehand, R. & Long, N. (1996). Parenting the strong-willed child. NTC Publishing Group.
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GOOD BOOKS ABOUT THOUGHT DISORDERS AND SCHIZOPHRENIA

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Torrey, E. F. (1988). Surviving Schizophrenia: A family manual. New York, NY: Harper and Row.

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